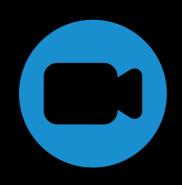
## VIRTUAL GROUP EXERCISE TIMETABLE FROM 22ND JULY



| Day       | Time          | Class              | Location     | Info |
|-----------|---------------|--------------------|--------------|------|
| Monday    | 07:30 - 08:00 | Grit Athletic      | Dance Studio |      |
| Monday    | 09:15 - 09:45 | Sprint             | Cycle Studio |      |
| Monday    | 13:15 - 13:45 | Core               | Dance Studio |      |
| Monday    | 13:15 - 13:45 | RPM                | Cycle Studio |      |
| Monday    | 16:00 - 16:45 | The Trip           | Cycle Studio |      |
| Monday    | 16:00 - 17:00 | <b>Grit Cardio</b> | Dance Studio |      |
| Monday    | 21:00 - 21:45 | BodyPump           | Dance Studio |      |
| Tuesday   | 06:30 - 07:00 | Grit Cardio        | Dance Studio |      |
| Tuesday   | 08:30 - 09:45 | The Trip           | Cycle Studio |      |
| Tuesday   | 10:00 - 10:30 | RPM                | Cycle Studio |      |
| Tuesday   | 14:45 - 15:15 | Sprint             | Cycle Studio |      |
| Tuesday   | 15:30 - 16:15 | Body Balance       | Dance Studio |      |
| Tuesday   | 16:15 - 17:00 | The Trip           | Cycle Studio |      |
| Tuesday   | 16:15 - 17:00 | Body Pump          | Dance Studio |      |
| Tuesday   | 20:45- 21:30  | The Trip           | Cycle Studio |      |
| Tuesday   | 21:45 - 22:15 | Core               | Dance Studio |      |
| Wednesday | 07:15 - 07:45 | Grit Athletic      | Dance Studio |      |
| Wednesday | 08:00 - 08:45 | <b>Body Combat</b> | Dance Studio |      |
| Wednesday | 09:30 - 10:00 | Sprint             | Cycle Studio |      |
| Wednesday | 11:30 - 12:15 | The Trip           | Cycle Studio |      |
| Wednesday | 16:30 - 17:00 | RPM                | Cycle Studio |      |
| Wednesday | 21:00 - 21:50 | RPM                | Cycle Studio |      |

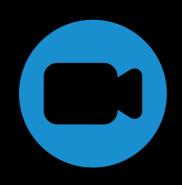
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Cycle Classes Cardio & Dance Classes HIIT Classes

Mind & Body Classes Strength & Conditioning Classes

Martial Arts Classes Aqua Classes

## VIRTUAL GROUP EXERCISE TIMETABLE FROM 22ND JULY



| Day      | Time          | Class                | Location     | Info |
|----------|---------------|----------------------|--------------|------|
| Thursday | 06:30 - 07:00 | Body Combat          | Dance Studio |      |
| Thursday | 08:30 - 09:15 | The Trip             | Cycle Studio |      |
| Thursday | 11:05 - 11:35 | Core                 | Dance Studio |      |
| Thursday | 15:15 - 15:45 | Born to Move         | Dance Studio |      |
| Thursday | 16:00 - 16:30 | <b>Grit Strength</b> | Dance Studio |      |
| Thursday | 16:30 - 17:00 | RPM                  | Cycle Studio |      |
| Thursday | 16:45 - 17:15 | <b>Body Pump</b>     | Dance Studio |      |
| Thursday | 17:30- 18:00  | Sprint               | Cycle Studio |      |
| Thursday | 20:45 - 21:30 | The Trip             | Cycle Studio |      |
| Thursday | 21:45 - 22:05 | <b>Body Balance</b>  | Dance Studio |      |
|          |               |                      |              |      |
| Friday   | 06:30 - 07:00 | Grit Cardio          | Dance Studio |      |
| Friday   | 08:30 - 09:15 | <b>Body Combat</b>   | Dance Studio |      |
| Friday   | 09:00 - 09:30 | Sprint               | Cycle Studio |      |
| Friday   | 13:30 - 14:15 | The Trip             | Cycle Studio |      |
| Friday   | 14:00 - 14:30 | Core                 | Dance Studio |      |
| Friday   | 14:45 - 15:05 | Body Balance         | Dance Studio |      |
| Friday   | 15:30 - 16:05 | Born to Move         | Dance Studio |      |
| Friday   | 16:30 - 17:15 | <b>Body Pump</b>     | Dance Studio |      |
| Friday   | 16:30 - 17:20 | RPM                  | Cycle Studio |      |
| Friday   | 20:00 - 20:30 | Sprint               | Cycle Studio |      |
| Friday   | 21:00 - 21:45 | The Trip             | Cycle Studio |      |
| Friday   | 21:05 - 21:35 | Core                 | Dance Studio |      |
| ,        |               |                      |              |      |

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Cycle Classes Cardio & Dance Classes HIIT Classes

Mind & Body Classes Strength & Conditioning Classes

Martial Arts Classes Agua Classes

## VIRTUAL GROUP EXERCISE TIMETABLE FROM 22ND JULY



| Day  | Time   | Class   | Location   | Info |
|--|--|---|--|------|
| Saturday<br>Saturday<br>Saturday<br>Saturday<br>Saturday<br>Saturday | 06:30 - 07:00<br>07:15 - 07:45<br>08:00 - 08:30<br>08:00 - 08:30<br>13:25 - 14:10<br>17:00- 17:50<br>20:15 - 21:00 | Grit Athletic<br>Grit cardio<br>Grit Strength<br>Sprint<br>The Trip<br>RPM<br>Body Pump | Dance Studio Dance Studio Dance Studio Cycle Studio Cycle Studio Cycle Studio Dance Studio |      |
| Saturday   | 21:15 - 22:00  | <b>Body Combat</b>  | Dance Studio   |      |
| Sunday<br>Sunday<br>Sunday<br>Sunday                                 | 06:30 - 07:00<br>07:15 - 07:45<br>08:00 - 08:35<br>08:30 - 09:15   | Body Pump<br>Body Combat<br>Born to Move<br>The Trip                                    | Dance Studio<br>Dance Studio<br>Dance Studio<br>Cycle Studio                               |      |
| Sunday<br>Sunday<br>Sunday<br>Sunday<br>Sunday                       | 12:00 - 12:30<br>12:40 - 13:05<br>13:45 - 14:15<br>17:30 - 18:15<br>21:15 - 21:45                                  | Sprint Body Balance RPM The Trip Core   | Cycle Studio Dance Studio Cycle Studio Cycle Studio Dance Studio                           |      |

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Cycle Classes Cardio & Dance Classes HIIT Classes

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